

# Swim Lesson Registration **Register early. Lessons fill up fast!**

Before you register, please refer to Skill Level Description and Pool Calendars, then follow the instructions on the enclosed Registration form.

Session	Session Location	Session Dates	E-mail or Mail-in Deadline	On-site Registration
<b>1</b>	Como, Gr.River Highland	Jun 16 – Jun 26, Monday – Thursday	<b>June 5</b>	<b>June 13</b> 10:00 am-12:00
<b>2</b>	Como, Gr.River Highland	June 30–July 10, Monday – Thursday	<b>June 20</b>	<b>June 27</b> 10:00 am-12:00
<b>3</b>	Como, Gr.River Highland	July 14 – July 24, Monday – Thursday	<b>July 3</b>	<b>July 11</b> 10:00 am-12:00
<b>4</b>	Como, Gr.River Highland	July 28 – Aug 7, Monday – Thursday	<b>July 18</b>	<b>July 25</b> 10:00 am-12:00
<b>5</b>	Como, Gr.River Highland	Aug 11 – Aug 21, Monday – Thursday	<b>Aug 1</b>	<b>Aug 8</b> 10:00 am-12:00
<b>6</b>	Como (PM session)	June 17 – July 10, Tuesdays and Thursdays	<b>June 5</b>	<b>June 10</b> 5:00 pm-6:00
<b>7</b>	Como (PM session)	July 15 – Aug 7, Tuesdays and Thursdays	<b>July 3</b>	<b>July 8</b> 5:00 pm-6:00
<b>8</b>	Great River Water Park	June 17 – Aug 5, Tuesday evenings	<b>June 5</b>	<b>June 10</b> 5:00 pm-6:00
<b>Developmental Swim Team</b>				
<b>A</b>	Highland	June 9 – June 30, Mon, Wed, Thurs	<b>June 8</b>	<b>June 6</b> 10:00-11:00 am
<b>B</b>	Highland	July 2 – July 31, Mon, Wed, Thurs	<b>June 22</b>	<b>June 27</b> 10:00-noon
<b>C</b>	Highland	Aug 4 – Aug 21, Mon, Wed, Thurs	<b>July 20</b>	<b>Aug 1</b> 10:00-noon

NOTE: If there are not enough students per class, the site manager may reschedule and will notify participants of class changes.

## To register, please follow these easy steps:

1. Locate the desired class from the skill level page.
2. Turn to the desired pool and check calendar for session number and time.
3. If registering by mail, complete and send enclosed registration form. If registering on-site, bring completed registration form. If registering via email, visit:  
<http://www.stpaul.gov/parks>
4. Make sure your method of registration meets our session deadline, noted on this page.



## Lesson Fees

To register online, go to our web site (follow instruction once there): <http://www.stpaul.gov/parks>

If you wish to register through the mail, complete and detach the registration form included in this brochure. Mail

registration must be postmarked TWO WEEKS in advance of the first day of classes. Payment must accompany registration. If paying by check, make checks payable to: **City of Saint Paul Parks and Recreation**

				Fee
Swim Lessons	On-Line Registration:			\$55
	On-site & Mail-In Registration:			\$60
	On-site & Mail-In Registration:	Private Lessons		\$30 (½ hr, any age); Contact Facility Supervisor
Developmental Swim Team	Online Registration:		Session A:	\$35
			Session B:	\$49
			Session C:	\$32
Junior Lifeguard	Registration:	Session 1 or 3	FREE	In exchange for 20 volunteer hours at Como Park Pool or Highland Park Aquatic Center and Great River Water Park.

## Developmental Swim Team

*The City of Saint Paul is again having an introductory competitive swim program at Highland Park Aquatic Center, geared to swimmers ages 7 to 18 years. The program has a dual purpose:*

- A chance for younger children to learn more about competitive swimming
- Act as a stepping-stone into competitive school swim teams and/or to maintain skills during the off season

We believe that this program is an excellent introduction to competitive swimming. Our program will be coached and managed by STAR Swim Club, a local competitive swim club with a national reputation for producing Olympic-caliber swimmers.

The Swim Team program gives more experienced swimmers more opportunities to develop their skills in a structured but fun environment.



## Swim Lesson Information

*Minnesota is the Land of 10,000 Lakes, and that means knowing how to be safe in and around the water is essential. With qualified instructors, our swimming lessons are fun and teach participants how to safely swim at all skill levels. Participants in our lessons are grouped by ability. Please see the Skill Level Descriptions.*

- Unless otherwise noted, lessons start on the hour and last 50 minutes.
- There are 8 classes per session. In the event of inclement weather, make-up days will be held if necessary on Friday. You'll be notified of the change.
- Children with disabilities are encouraged to participate in our lesson program. Call the Adaptive Recreation Office 651-266-6451 – TTY 651-266-6378. Please contact us two weeks prior to mail-in deadline for the session.
- Private Lessons – Como Park Pool, Great River Water Park and Highland Park Aquatic Center offer individual or group private lessons. Contact the pool for more information.
- Beginning Springboard Diving Classes at Highland Park Aquatic Center only (classes start at 10 am and 11 am)

## Skill Level Descriptions



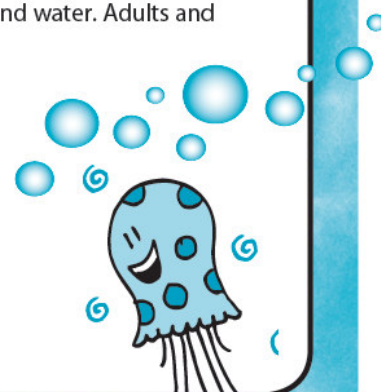
### Fin Buddies (6 months up to 3 years)

An adult must accompany the child. Adults and instructors work together to develop the child's comfort in the water. Adults learn basic safety practices for working with children in and around water. Adults and children will learn water adjustment and basic skills.

### Jellyfish – Water Exploration (Ages 3 up to 5)

*Offers swimmers the first opportunity to learn basic water exploration skills without a parent. Swimmers will learn:*

- To feel comfortable in the water and enjoy the water
- Supported float on front / back
- Supported kicking on the front / back
- Basic water safety skills
- Water adjustment
- Fully submerge face 3 seconds





## Skill Level Descriptions (continued)

### Sunfish – Primary Skills

The objective is to give swimmers success with fundamental skills. Swimmers must be comfortable in the water without a parent and have completed Jellyfish or have equivalent skills. Swimmers will learn:

- Supported floats on front / back
- Introduction to front & back crawl
- Supported combined stroke on front / back using kicks and alternating arm action, 5 yds
- Float and glide on front / back
- Supported deep water orientation
- To retrieve objects under water



### Moonfish–Advanced Primary Skills

Give swimmers more success with fundamental skills learned from Sunfish level above.

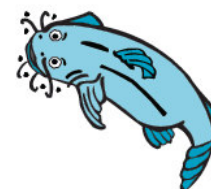
- Rhythmic breathing skills
- Unsupported floats on front / back
- Unsupported combined stroke on front / back using kicks and alternating arm action, 5 yds
- Supported deep water orientation
- Elementary backstroke introduced



### Catfish–Stroke Readiness

Builds on skills by coordinating strokes and increasing endurance. Swimmers must have completed Moonfish or have equivalent skills. Swimmers will learn:

- Coordinate front crawl, 15 yards
- Elementary backstroke, 10 yards
- Treading water, 30 seconds
- Coordinate back crawl, 15 yards
- Introduction to diving from side of pool
- Whip kick introduced



### Parrotfish – Stroke Development

Develops endurance in strokes learned and introduces the breaststroke and sidestroke.

Swimmers must have completed Catfish or have equivalent skills. Swimmers will learn:

- Front / back crawl, 50 yards
- Breaststroke introduction
- Breaststroke kick, 25 yards
- Elementary backstroke, 25 yards
- Sidestroke introduction
- Scissors kick, 10 yards
- Treading water, 90 sec.



### Rainbow Trout – Stroke Refinement

Refines coordination and increases endurance of key strokes. Butterfly is introduced.

Swimmers must have completed Parrotfish or have equivalent skills. Swimmers will learn:

- Front / back crawl, 75 yards
- Elementary backstroke, 50 yards
- Sidestroke, 25 yards
- Breaststroke, 50 yards
- Butterfly introduced
- Beginning diving from board
- Treading water, 3 min.



### Tigerfish – Skill Proficiency

Polish strokes so swimmers swim them with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn:

- Front crawl, 100 yards
- Breaststroke, 75 yards
- Tread water, 5 minutes
- Back crawl, 100 yards
- Sidestroke, 50 yards
- Recover 10 lb. brick from deep end



### Beginning Springboard Diving (must have at least Parrotfish swimming skills)

Divers will learn:

- Safety on the diving board
- Basic front / back dives
- Upon ability front / back flips and spins
- Four step approach
- Intro to tuck and pike positions

### Swim Team (ages 7 up to 18)

Experienced swimmers. Low-key competitive swim program:

- Offers a time for younger children to learn about competitive swimming
- Acts as stepping-stone into competitive school swim teams
- Helps to maintain skills during the off-season

### Junior Lifeguard Program (ages 10 up to 15)

Promotes water safety and junior lifeguarding. Participants will gain valuable first hand experience and learn:

- To enforce pool rules and regulations
- Use of safety equipment
- Facility cleanliness and operation
- Scanning
- Emergency action plans

